



Your VA Claim Exam

KNOW WHAT'S NEXT

If you've filed a claim with the U.S. Department of Veterans Affairs (VA) for compensation or pension benefits, VA may ask you to go to an examination as part of the claim process. This is known as a VA claim exam or a compensation & pension (C&P) exam.

Your VA Claim Exam: Know What's Next

TIP SHEET | JANUARY 2022

VA Claim Exam or C&P Exam

The VA claim exam, also called a C&P exam, is different from a regular medical appointment because the examiner won't prescribe any medicine or treat you for your disability. This exam occurs only if you file a compensation or pension claim. It is part of the claim process and helps VA determine if your disability is service-connected and the severity of your condition.

THE EXAMINER MAY:

- ✓ Ask you questions
- ✓ Observe your behavior
- ✓ Perform a limited physical exam
- ✓ Discuss your medical evidence with you

Each exam is different. Remember, your in-person visit is only one part of the claim process. Typically, examiners spend time before and/or after your appointment reviewing your medical records. Even if your visit is short, he or she is still carefully reviewing your medical evidence.

It is important to attend your VA claim exam.

Missing your exam could cause VA to delay its decision on your claim or to decide your claim based on the evidence of record, which could impact your benefits.

SCHEDULING OF THE EXAM

After you submit your claim, you may receive a phone call or a letter from VA or a VA contract examiner asking you to come to one or more examinations. Not every application for a benefit will require an exam; it depends on what medical evidence has been included with the application.

If you need to reschedule your exam appointment, contact VA or the contract examiner at the number provided. Requests to reschedule should be completed at least 48 hours before the scheduled appointment.

VA may also contact you via e-mail to inform you that one of VA contact providers (LHI, QTC, VES) will be contacting you to schedule your examination. This email will provide you with contact providers contact information.

You can request the specific sex of your medical provider for gynecological, breast, anal/rectal and mental health examinations during the scheduling process. Also, if your claim is related to a mental or physical health condition resulting from Military Sexual Trauma (MST), the law permits that you may choose the sex of your examiner.

Please notify your scheduler if you have a preference for the sex of your examiner.

VA



U.S. Department of Veterans Affairs



FOR MORE INFORMATION

Visit www.benefits.va.gov/compensation/ or call 1-800-827-1000

YOUR VA CLAIM EXAM: KNOW WHAT'S NEXT

Can I bring new medical records that I did not submit with my claim to my VA claim exam?

If you have new non-VA medical records, please submit them to VA before your appointment. You may bring records to your appointment, but the provider cannot submit these records to VA for you. All new information should be uploaded online, submitted to your accredited VSO representative or mailed to VA using the appropriate address found at [How To File A VA Disability Claim | Veterans Affairs or Mailing Address for Disability Compensation Claims - Compensation \(va.gov\)](#). Additional information can be found at: <https://www.benefits.va.gov/compensation/ mailingaddresses.asp>

Make Sure VA has Your Current Contact Information

Please confirm that your VA regional office and local VA medical center have your most recent contact information. This includes your current address, home phone and/or cell phone number, and email address by calling the VA at 1-800-827-1000.

After the Exam

Following your exam, your exam results will be uploaded to your VA claims file. These results will be used along with the evidence of record to make a decision on your claim.

REMEMBER: The examiner is only involved in performing the claim exam. They do not make any decisions regarding your claim. If you have questions related your claim, please call 1-800-827-1000.

When Will I Get My Decision?

Every claim is different. The goal of VA is to process a claim from beginning to end in 125 days or less. Processing time depends on how complex your claim is. Check your claim status here: <https://www.va.gov/claim-or-appeal-status/> or for the most recent average-time estimate, please visit www.vets.gov/disability-benefits/apply-for-benefits.

THE VA CLAIM PROCESS



STEP 1
Claim
Received



STEP 2
Claim
Reviewed



STEP 3
Evidence
Gathered



STEP 4
Evidence
Reviewed



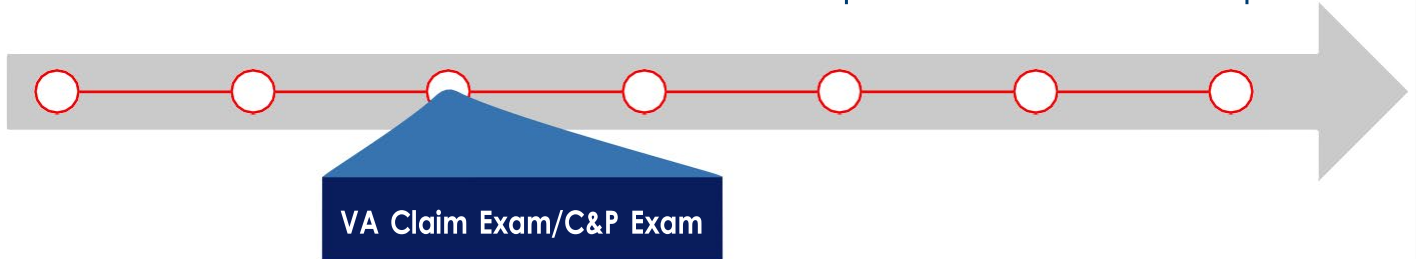
STEP 5
Decision
Complete




STEP 6
Notification
Letter Sent



STEP 7
Process
Complete



 Disabilities determined by VA to be related to your military service may lead to monthly non-taxable compensation, enrollment in the VA health care system, up to a 10-point hiring preference for federal employment and other important benefits.

These include Disability Compensation, Pension, Health Care, Caregiver Program, Career Services, Educational Assistance, Home Loan Guaranty, Insurance, Funeral, Burial and Dependents and Survivors' benefits.

Please reach out to a VA-accredited representative, such as a Veterans Service Organization (VSO) representative, for additional information. VSOs do not charge fees for their services. Information about VA-accredited representatives can be found [here](#); a state-by-state search for an accredited representative can be found [here](#).